

I'm Going In

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Esmeralda van de Pol (NL) - August 2012
音乐: Goin' In (feat. Flo Rida) - Jennifer Lopez



Intro 32 counts - Dance sequence : A BBBB A BBBB A(+4counts)B

Part A - 32 counts

DIAGONAL FWD STEP WITH TOUCH X2, DIAGONAL STEP BACK WITH TOUCH

1-2 Step R diagonal R fwd, Touch L next to R
3-4 Step L diagonal L fwd, Touch R next to L
5-6 Step R diagonal R back, Touch L next to R
7-8 Step L diagonal L back, Touch R next to L

HIP SWAY, KICK & TOUCH, HIP SWAYS, KICK & TOUCH

1-2 Sway hip to R, Sway hip to L
3&4 Kick R forward, Step R next to L, Touch L to L side
5-6 Sway hip to L, Sway hip to R
7&8 Kick L forward, Step L next to R, Touch R to R side

ROCKING CHAIR, 2X PIVOT 1/2 TURN L

1-2 Rock R fwd, Recover on L
3-4 Rock R back, Recover on L
5-6 Step R fwd, make 1/2 turn L-weight on L
7-8 Step R fwd, make 1/2 turn L-weight on L

KICK BALL CROSS, SIDE, TOUCH, KICK BALL CROSS, SIDE TOUCH

1&2 Kick diagonal R fwd, Step R next to Left, Cross L over R
3-4 Step R to R side, Touch L next to R
5&6 Kick diagonal L fwd, Step L next to R, Cross R over L
7-8 Step L to L side, Touch R next to L

Part B - 32 counts

TOUCH, TOUCH, KICK & CROSS, 2X ¼ TURN L, BEHIND SIDE CROSS.

1-2 Touch R diagonal L fwd, Touch R to R side
3&4 Kick diagonal R fwd, Step R next to L, Cross L over R
5-6 make ¼ turn L-step R back, make ¼ turn L-step L to L side
7&8 Cross R behind L, Step L to L Side, Cross R over L

ROCK, RECOVER ¼ TURN R, KICK FWD, ¼ TURN R, TOUCH BACK, SIDE, HIPSWAY, CHASSE R

1-2 Rock L to L side, ¼ turn R puts your weights back on R
3&4 Kick L fwd, ¼ turn R-step L to L side, Touch R behind L
5-6 Step R to R side with hip sway, Sway Hip L
7&8 Step R to R side, Step L next to R, Step R to R side

DIAGONAL TOUCH FWD, SIDE STEP, COASTER ¼ TURN R, OUT OUT, RUN BACK

1-2 Touch L diagonal across R, Step L to L side
3&4 ¼ Turn R-step R back, Step L next to R, Step R fwd
5-6 Step L slightly to L side and fwd, Step R slightly to R side and fwd
7&8 Run walk back, L,R,L

ROCK BACK, RECOVER, STEP FWD, LOCK BEHIND, UNWIND FULL TURN L, SIDE TOUCH & FWD STEP

1-2 Rock R back, Recover on L
3-4 Small step fwd on R, Cross / Lock L behind R
5-6 In two counts Unwind full turn L- weight on L
7&8 Touch R to R side, Step R next to L, Step L fwd.

Tags: -

At the end of wall 4

You dance part A

At the end of wall 8

You dance part A with 4 extra counts, do what you want, feel the music...

Contact - Esmeralda v.d. Pol / www.esmeraldadancers.com/ Esmeralda-dancers@hotmail.com
